

Omar Sharif



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

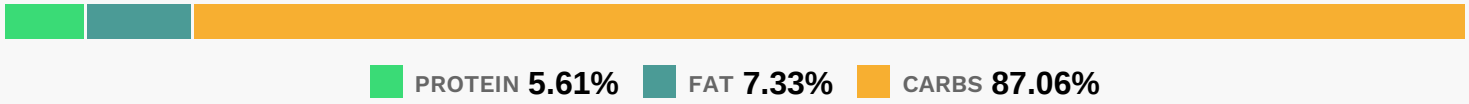
- ☐ 2 servings cinnamon
- ☐ 2 servings ice cubes
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 servings garnish: mint leaves fresh
- ☐ 0.3 cup pineapple juice
- ☐ 0.3 cup pomegranate liqueur
- ☐ 0.3 cup citrus vodka

Equipment

Directions

- ☐
- Combine citrus vodka, pomegranate liqueur, pineapple juice, and lemon juice in an ice-filled shaker. Shake vigorously, and strain into 2 small ice-filled glasses.
- ☐
- Sprinkle each with a pinch of cinnamon, and garnish with fresh mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:4.66, Inflammation Score:-3, Nutrition Score:3.7843478257241%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 138.77kcal (6.94%), Fat: 0.42g (0.65%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 8.87g (3.22%), Sugar: 7.1g (7.89%), Cholesterol: 0mg (0%), Sodium: 5.21mg (0.23%), Alcohol: 13.36g (100%), Alcohol %: 10.55% (100%), Protein: 0.73g (1.45%), Manganese: 0.55mg (27.26%), Fiber: 2.39g (9.57%), Vitamin C: 7.33mg (8.88%), Vitamin K: 5.56µg (5.3%), Folate: 18.31µg (4.58%), Copper: 0.09mg (4.53%), Potassium: 125.43mg (3.58%), Calcium: 31.09mg (3.11%), Vitamin B6: 0.06mg (2.86%), Vitamin B1: 0.04mg (2.72%), Magnesium: 9.8mg (2.45%), Iron: 0.4mg (2.24%), Phosphorus: 17.22mg (1.72%), Vitamin B2: 0.03mg (1.68%), Vitamin E: 0.23mg (1.56%), Vitamin B5: 0.14mg (1.42%), Zinc: 0.19mg (1.27%)